

**Dear Archibald Families**

**Please come along to our**

**Adult Post Christmas Timeout**

**taking place in the school portacabin**

**Please come along to join in some  
gentle stretching /relaxation exercises**

**mindfulness colouring and simple**

**crafting whilst chatting and**

**enjoying a warm drink.**

**9-10 am Mondays**

**9th, 16th, 23rd and 30th January**

**To reserve a place please contact**

**Diana**

**[diana.west@archibaldfirstschool.co.uk](mailto:diana.west@archibaldfirstschool.co.uk)**

**\* Families and School Together\***